

# Group Bootcamp & Personal Training!

Where: Tumble Beyond - 25 Dogwood Dr. Erin, TN

When: Monday 7:00 – 8:00 PM  
Tuesday 7:00 – 8:00 PM  
Thursday 7:00 – 8:00 PM  
Saturday 10:00 – 11:00 AM

Your first class is **FREE!**

- Learn how to use bodyweight exercises to train at your level, burn calories, and improve your health
- Led by certified instructor
- No long term commitments!

**Monthly Pass (12 – 15 classes):** \$25 per month

**10-class Pass (10 classes):** \$30 per pass

**Walk-in:** \$5 per class

\*Personal one-on-one training is also available by appointment!

Contact: Josh Rutherford @  
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